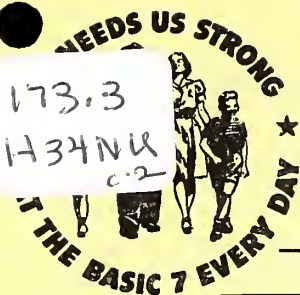


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BETTER BREAD

Getting more nourishment into bread served in schools, hospitals, and other institutions is one line of nutrition progress in which encouraging results are being reported. To be produced and accepted improved breads must be suitable for commercial baking and they must taste good. Breads which meet these tests are being brought to the attention of the public to stimulate demand and make commercial production possible.

New breads developed by the Bureau of Human Nutrition and Home Economics are especially rich in nonfat dry milk. Enriched flour is used in each of the five formulas, which feature soy flour, wheat germ, or whole-wheat flour. The formulas have been published in a leaflet entitled "Improved Bread Formulas for School Lunch, Institutional, and Hospital Use" (see New Materials). Breads made commercially by a large baking company using these formulas were served in 43 school lunchrooms and 3 hospitals in an acceptance test. The pupils, school lunch managers, and dietitians liked the improved breads as well as, or better than, other breads.

E. L. Jack of the Division of Dairy Industry, University of California, writes in California Agriculture for May 1950 that breads containing 0, 6, 10, and 14 percent nonfat dry milk were served to 320 boys aged 8 to 16, in a State school. The boys showed their preference for the breads made with the higher percentages of nonfat dry milk by eating more of them than of the breads made with less or no milk. When consumption of bread made without nonfat dry milk is taken as 100 percent, then consumption of bread made with 6 percent milk averaged 104; bread with 10 percent averaged 107; and bread with 14 percent nonfat dry milk averaged 112 percent.

The New York State Nutrition Committee, through its Subcommittee on Improved Baked Goods, has sponsored better bread, according to Mrs. Katherine Flack, chairman of the subcommittee. This bread was

developed for the State Department of Mental Hygiene and was described by Dr. Clive McKay in the Journal of Home Economics for April 1949.

Because local nutrition committees are interested in promoting better bread, the subcommittee decided to develop a plan of promotion which could be used throughout the State. The Syracuse area was selected because the local nutrition committee is very active. The promotion plan included—

..All the women's organizations in Syracuse were told of the nutritive value of the improved bread and were given samples. The bread was served at many of the organization luncheons and teas and at church suppers.

..The Home Bureau presented the improved bread program at its annual meeting and many of its units made the home baking of bread a project.

..Public Health nurses were informed about the bread in group conferences with the nutritionist.

..At a meeting of the local retail bakers association a speaker described the bread, and representatives of the agencies attending—Syracuse Nutrition Committee, Red Cross, Home Bureau, county Tuberculosis and Health Association, and the Food and Nutrition Department of Syracuse University—expressed interest in having a more nutritious bread. Three Syracuse bakers agreed to bake bread using the formula developed for the bakeries of the Department of Mental Hygiene. Members of the women's organizations were then notified of the date the bread would be baked. Continued support by individuals and programs in organization meetings have encouraged these progressive bakers.

..The bread was exhibited in one of the downtown bank windows with information as to its nutritive value, the agencies sponsoring the bread, and where the bread could be obtained. Newspaper and radio publicity called attention to the exhibit and aroused interest. Now improved bread is the only bread baked by one baker and

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LOCAL AGENCIES WORK TOGETHER TO MEET THE NEEDS OF THEIR COMMUNITIES

"A city is just as well fed as its people are informed on nutrition," writes Mrs. Thelma Downing, in charge of the Community Nutrition Service at Cedar Rapids, Iowa. To meet this challenge, in individual communities all over the United States, persons interested in nutrition are planning together to provide the nutrition information most needed by the people in their community.

We have reported many such local programs in these pages and are including below some others that have recently come to our attention.

Callaway County, Missouri

Organized during World War II by home economists and other persons directly concerned with nutrition work, the Nutrition Committee in Callaway County (Mo.) has since enlarged its membership to include representatives from teaching and nursing professions as well as homemakers with home economics training. A number of others, such as administrators of public and private schools and physicians, have also been brought into the Committee, according to Mrs. Shirley R. Drinkard of the Extension Service.

Five members of the Committee act as a steering subcommittee to plan work and offer tentative programs to the entire Committee for its approval.

Its first project was a nutrition refresher course given by the University of Missouri. Other early projects related to the use of rationed and plentiful foods, conducting various campaigns, and teaching nutrition classes for both colored and white students.

The Committee has prepared nutrition items for local newspapers regularly and established a shelf of nutrition materials in the public library.

Kits of nutrition materials were assembled for every elementary teacher and each year new materials are supplied.

A survey of the eating habits of school children made with the guidance of the American Red Cross nutritionist showed the need for nutrition education among parents. The results of a second survey made to find out the specific food groups not included in children's diets were

used as a basis for a program of work. This program included—

- ..Slogan contests in schools, workshops for teachers, and individual follow-up activities.

- ..Child health conferences at local community centers throughout Callaway County by the county Public Health Service.

- ..Writing contests on the Basic Seven by Extension Women's Clubs.

- ..Breakfast contests by 4-H Clubs.

- ..Analysis of the survey of children receiving aid by the Division of Welfare followed up by home visits.

- ..Survey by the Farmers Home Administration of the records of children in families receiving Government loans, followed up by home visits.

The nutrition program in Callaway County today is carried out through work in the schools and in a variety of activities of community organizations. As a result there is a widespread understanding interest and action throughout the county.

Cleveland, Ohio

The Nutrition Association of Greater Cleveland, sponsored by the Community Chest, serves public health workers, teachers, the Health Museum, librarians, and newspaper writers. The director, Elizabeth Whipple, writes that the Association keeps professional people up to date on latest nutrition findings and helps them make down-to-earth applications of scientific findings. Through its Board of Trustees, who are community leaders, the Association's program is interpreted to many organizations and people that otherwise would not be reached.

Cedar Rapids, Iowa

The Community Nutrition Service of Cedar Rapids, Iowa, is also sponsored by the Community Chest. The Service has a director and secretary and is governed by a board of 12 lay persons with 6 advisers. The board members and advisers are elected for a term of 3 years. Extra help comes through volunteer service.

The educational program changes from year to year as the needs of the commu-

nity change, according to Mrs. Downing, in charge of the Service. This year a course in foods and nutrition was given. The need for such a course was shown through a test given eleven groups in various parts of the city.

For the past 2 years, the Community Nutrition Service has held an Acne Clinic for boys and girls between the ages of 12 and 17, with a physician in charge of the examinations. Treatment consisted of diet prescriptions containing extra vitamins, adequate minerals and proteins, but with carbohydrates and fats restricted to the individual's daily needs. Those who needed medical care were directed to their family physician.

Although the boys and girls did not completely follow the diets or care suggested by the physician, during the first year 80 percent of the cases greatly improved or cleared entirely.

In its routine work the Service assists with menus and budgeting to insure proper nutrition. Much time is given to speeches and lectures on nutrition as well as to planning booklets for various age groups.

Jacksonville, Florida

Feeling the need to bring together the people who work in various aspects of the food program, some members of the Jacksonville Dietetic Association arranged an open meeting in February and invited all people interested to attend, Mrs. Vera Walker of the State Welfare Board writes.

The 25 people who came (producers, processors, distributors, educators, and "users") organized themselves into the Jacksonville Food Council. Their purpose was to develop better understanding of the various food-related programs, and to coordinate efforts to promote better nutrition for Jacksonville people.

A planning committee was appointed which drew up a statement of tentative purposes, suggestions for activities, and a slate of proposed officers. These were sent to all members for comments. The replies were summarized and used at the March meeting as a basis for further organization. Dr. C. L. Wrenshall of Foremost Dairies was elected president. Committees were set up and a tentative constitution drafted. The program committee has already planned a number of programs, including some open sessions aimed to meet the needs of homemakers.

Nashville, Tennessee

The Nashville Nutrition Committee has been active since its origin in 1941. A nutrition workshop was its outstanding project for this year, according to the chairman, Mrs. H. Francis Stewart. Directed by Dr. Betty Lockwood of the National Foundation for Infantile Paralysis, the workshop (1) showed the need for nutrition education, (2) presented basic information in nutrition, and (3) suggested practical ways and means of furthering nutrition education programs.

Open to all interested persons in the Nashville-Davidson County area, the workshop was attended by about 200—school principals and teachers; food managers and workers in schools and institutions; public health, industrial, and practical nurses; girl scout leaders, PTA members, and home demonstration club workers. The suggestions and requests made by those attending will guide the Committee in planning further activities and projects.

The Committee has also established a speakers bureau which will supply names of nutritionists to groups requesting speakers.

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the volume of his business has more than doubled.

During Cornell's Farm and Home Week, three exhibits on improved bread were set up and more than 2,000 visitors were given an opportunity to taste and examine this bread. The public voted 3 to 1 in favor of the improved bread. Flavor rather than appearance or texture seems to be what the public is seeking, Mrs. Flack writes.

In New York City all school lunchrooms are serving improved bread through the efforts of the School Lunch Committee of the Division of Food and Nutrition of the Health Council of Greater New York. This bread contains 6 percent nonfat dry milk, 6 percent high-fat soy flour, and is made from unbleached flour containing 2 percent wheat germ. Part of the bread is baked in a city-operated bakery and part in a commercial bakery. The Board of Education states that the improved bread is more tasty and acceptable to the children than any bread previously used.

Through community interest and cooperative effort of interested groups, a large baking concern is now producing improved bread for institutions in New York City at no added cost.

NEW MATERIALS

Available from Nutrition Branch, Public Health Service, Washington 25, D. C.

Nutrition Programs in State Health Departments. Prepared by a subcommittee of the Committee on Diagnosis and Pathology of Nutritional Deficiencies. (Reprinted from Public Health Reports, vol. 65, No. 13, pp. 411-445. March 31, 1950.) Single copies will be sent upon request.

Report of a Nutrition Demonstration Program in Ottawa County, Michigan. By E. S. Osborne, Jr., and others. (Reprinted from Public Health Reports, vol. 64, No. 50, pp. 1603-1612. December 16, 1949.)

Available from Information Branch, Production and Marketing Administration, USDA, Washington 25, D. C.

Comparison of Rate of Deterioration of Storage and Nonstorage Eggs. By A. W. Otte, J. Wolk, and E. H. McNally. (3 pp. plus chart. 1950. Processed.)

Available from Bureau of Human Nutrition and Home Economics, USDA, Washington 25, D. C.

Fruit Selections of City Families. 1948. (Commodity Summary No. 9, 17 pp. 1950. Processed.)

Improved Bread Formulas for School Lunch, Institutional, and Hospital Use. (PA-106, 3 pp. 1950. Processed.)

Available from Office of Information, USDA, Washington 25, D. C.

Composition of Foods—Raw, Processed, Prepared. By B. K. Watt et al. (Agr. Handbook No. 8, 147 pp. 1950. Processed.) Supersedes Misc. Pub. 572. Single copies upon request.

INTERAGENCY COMMITTEE NOTES—

At the May meeting of the Interagency Committee on Nutrition Education and School Lunch, Dr. Harold R. Sandstead of the Public Health Service described his recent trip to Guam and the Philippines. He praised the fine facilities at the Guam Naval Medical Center for training natives as health officers, medical and dental technicians, and nurses.

He emphasized the importance of the Bataan Rice Enrichment Program to the Filipinos as well as to other rice-producing and consuming peoples.

(This program is described by Dr. Juan Salcedo, Jr., in Journal of Nutrition, vol. 38, August 1949, and in Philippine Medical Association Journal, vol. 25, November 1949.) However rice enrichment is but one of the steps which must be undertaken to eliminate malnutrition in the East. Increased food production, nutrition education, improvements in education and health facilities, economic development, and social consciousness are all needed in a broad attack.

In the Philippines now there is a nutrition institute, a nutrition section in the Health Department, and a nutrition association to give leadership. The progress of the program will depend upon the support given by the Filipinos and the extent of community participation, since a nutrition program is effective only as local leaders and local groups, both voluntary and official, take active part, Dr. Sandstead said.

At the same meeting Dr. Hazel K. Stiebeling of BHNHE told of plans for the United Nations Food and Agriculture Organization regional meeting in Rio de Janeiro June 5-13. Miss Marjorie Heseltine of the Children's Bureau, Miss Sue Taylor, formerly with Farmers Home Administration and now in Venezuela, and Dr. Lydia J. Roberts of the University of Puerto Rico, accompanied Dr. Stiebeling to Rio.

Mrs. Martha Smith Fry, Chairman of the Connecticut Nutrition Council, was a visitor.

Margaret Dreisbach }
Gertrude R. Drinker } Cochairmen

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